

EGG WHITE OMELETTE

By Kimberli Washington, Public Information Office



Makes 2 Servings

Ingredients:

- 6 egg whites
- 6 plum tomatoes, cut into halves
- 1 small onion, finely chopped
- 10 oz. fresh spinach
- Non-stick cooking spray
- 4 tablespoons extra virgin olive oil
- Salt and pepper, to taste
- 2 tablespoons water
- Avocado slices (optional garnish)

Directions:

- In a small skillet, heat olive oil. Sauté onions, tomatoes and spinach. Cook until onions are soft, about 3-5 minutes. Add salt and pepper to taste. Remove spinach mixture from heat and set aside.
- In a medium bowl, whisk egg whites and water with a pinch of black pepper, until frothy texture develops.
- Lightly coat a pan with non-stick cooking spray and heat over medium-high heat. Add ½ egg white mixture to evenly coat bottom of the pan.
- Cook until set, about 2 minutes. Use a spatula to lift eggs and let runny part cook.
- Spoon in ½ spinach mixture into omelette and fold in half. Slide on to a serving plate once done.
- Repeat with remaining egg mixture.
- Serve with avocado slices (optional) and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.